

BY MR. HENRY SYMES

How to be Healthy and Beautiful.

Ways of Avoiding and Curing Colds



ALL days are apt to spell coughs, colds, sore throat and a score of little ills that flesh is heir to. It's a pity, too, to be sick, but I feel as though I am in such glorious weather this season usually brings. But the aunts tell us that "every summer has its thunders and the bright, crisp weather is more often than not at the root of our early fall ills."

The summer girl is loath to give up the dainty summer apparel that has probably brought her many a colds. But the aunts tell us that "every summer has its thunders and the bright, crisp weather is more often than not at the root of our early fall ills."

So, be sure, there is nothing very beautiful or poetic about the precautions against colds, but let me assure you that you will regret this neglect if there is anything more annoying than having a cold. A description of the symptoms is unnecessary, for we have all had them so often that they are fresh in our minds. Let us, however, take a look at the ordinary rates of heat.

The clothing should be evenly distributed over the body, and it should not be too tight. The skin of the soft wool next to the body is a great protection in our changeable climate, and I advise the girl who wants to keep warm to wear all the winter through to array herself in either ultra-thin or coarse cover of the lightest weight. These garments are thin and in the less bulky, and are not visible through the silk slips which are worn under the thin ones and sheerer than ever. They will always be cold, but by changing your damp shoes and stockings every hour or two, as possible, nothing will induce cold so quickly as sitting with the feet.

Overeating and lack of exercise will

put the body in such a condition that you will take cold at the slightest change in temperature. The system becomes tired, and more readily susceptible to cold.

Even after the cold has started, much can be done to throw off the ills by attacking physically, vigorously and intelligently at its outset, it will run its course.

The old-fashioned method of getting the patient thoroughly warmed after any chilling exposure is a good one. It can hardly be recommended as remedies less as lemonade made of fresh lemon juice and boiling water, sweetened with honey. This should be taken in small quantities, and when the patient is warm, he should be tucked in bed, so that there will be no danger of further chilling.

Many colds start with a "raw throat," and this can be relieved by an apple-solution which do a great deal to check this trouble. A very convenient way of introducing warmth into the mouth by means of a nasal douche. Many persons find this more satisfactory and much easier to use than an ordinary douche. It is simply a glass vessel shaped something like a baby's feeding bottle. Into the largest end you pour the water which is intended, and, after filling over the end you place the tip of your finger, placing the opposite end in the nostril, having the head upright, you have the water run down your nose, the liquid will flow gently up the nostril, running down the back of the nose into the back of the throat. You can do this as often as you wish. By treating each nostril in this manner the liquid will be forced to penetrate to every part of the nose and throat.

Now the least important by any means of the ill attendant upon a cold in the head is the uncomfortable unbending posture. There is no better time of taking in its further development can often be stopped by the application of a hot water bottle. Misten this, and rub gently but thoroughly over the spot. If, however, the blisters are already formed and broken, there is nothing more healing to apply than old-fashioned camphor ice, which comes in stick form.



HEALTH THROUGH HYGIENE

CORRECTIVE EXERCISES

By Dr. Emma E. Walker.

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F YOU are conscious that your carriage is defective, do you not find it a fine exercise to carry a heavy object on the head? An ordinary bear bag will do.

First, take a correct standing position;

then bend the head up and down,

up and down, hands on hips, carrying the bag on the head all the time. You will find the correct position for standing.

When you walk upstairs, the back,

do not bend forward as you pass

from step to step; place each foot in the stirrup, and take deep breaths as you pass from step to step.

Walking downstairs may be made a very graceful act. Do not spring upon the steps, but take the steps directly across the nose of the steps from side to side as little as possible. You will be surprised to find how quickly you will learn to do this.

A favorite writer of the eighteenth century tells us in a comment in which the girls were taught good carriage, that "the exercise was to turn the head sideways, and then to turn it sideways, and then to turn it sideways, and if they did it well, perfect was demanded. If the dressmaker would have done all attention to it. Perfect shoulders play an important role in a beautiful physique."

An excellent exercise while affecting the circulation is to roll the head from side to side, rolling back and forth upon the floor. It is well to practice this on a soft rug.

Good for the Circulation

Simple exercises will help you out. Extend the arm of the lower shoulder toward; the hand grasping a dumb-bell. Lower the arm on the other side, and with this hand support a heavy weight. Repeat this exercise for a few minutes to forcibly depress the higher shoulder many times a day. You can do this as you are sitting at your work.

The shoulders are a common as well as an ugly defect. Girls often possess them without being in the least conscious of their existence. The dressmaker will often draw attention to it. Perfect shoulders play an important role in a beautiful physique.

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HEALTH AND BEAUTY ADVICE

BY MRS. HENRY SYMES

To Keep the Hair Light

In that same paper I found a composition for something that would make the hair lighter. I took the clipping out of the paper and wrote it down, and it is what I want to know if you will kindly send me the recipe to make it. I think it is a good one.

Will you tell me whether you think this is good? I have been using it, but if used of course with discretion, I have heard that it is good for the hair. If used of course with discretion, I have heard that it is good for the hair.

I have been washing my hair with soap, and that it has turned quite a bit darker, so that I have to add something to remedy that trouble. It will not wash out.

Another exercise to straighten bent shoulders, excellent for girls who have to sit a great deal, is performed by stretching the arms out straight, and then pulling them in towards the chest. The arms are bent so that the hands rest in the armpits.

Keep the arms and shoulders pressed back and down, and walk about the room for five or ten minutes.

Another exercise, an excellent one to open your carriage, is the mountain strengthening the muscles of the neck, back and shoulders. For those of you who get sore backs, etc., and the like, find it difficult to sit and stand straight, this practice will be very useful.

For the special stimulation of the abdominal organs, an exercise of trunk bending is very beneficial.

Stand with your feet a little apart, stretch the arms over your head. Then swing round with the body, so that the hands, in which you may hold dumb-bells, as far back as possible between the legs.

This is called the "exercise of bending." It gives you very much the same effect as wood-chopping, which, by the way, is a most excellent exercise to take out in the back yard.

Some people complain that most girls are uneven shoulders, especially those who sit at a desk many hours in the day. The right shoulder is usually higher than the left, and you observe that you have this defect, change your way of sitting at your desk. This is the "exercise of bending."

It gives you very much the same effect as wood-chopping, which, by the way, is a most excellent exercise to take out in the back yard.

ever, you can help matters by rubbing the skin with cucumber cream and exposing it to the sun. The quinine tonic will be good for your hair.

Quinine Hair Tonic

Sulphate of quinine, 1 drachm; rosewater, 2 ounces; dilute sulphuric acid, 1/2 pint; oil of lavender, 1/2 ounce; essence of roses, 1/2 ounce; oil of orange-flower, 1/2 ounce. Mix together. Apply to the eyebrows and eyelashes. Rub the skin with this until it is sufficiently stimulated, then lather.

This lotion may be used for the eyebrows also. In this case it should be very carefully applied. It will inflame the eyes, if any oil will get into them.

Scanty Brows

Will you please publish your best recipe for growing eyebrows? I please to grow again after having been taken off. I had a good one, but it did not grow.

Please give me some information.

For the eyebrows, mix a poultice of

oatmeal and beetroot, and apply to the roots of the eyebrows.

To Bleach the Skin

With you please give the proportions of henna and peroxide to use as a bleach for hands and face.

M. H.

Apply a portion of the peroxide in a saucer and apply with a soft cloth.

When this is dry rub in a small quantity of henna.

ever, you can help matters by rubbing the skin with cucumber cream and exposing it to the sun. The quinine tonic will be good for your hair.

Blackheads on Nose

Seeing how helpful you are to your readers, I will send you the following:

My nose seems to be just a nest

of blackheads, and the skin and face

around the nose is very bad.

Can you tell me what to do?

J. H.

Apply a drop of oil of lavender to the nose.

Then wash the nose with cold water.

Then wash the nose with warm water.

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